

Getting A Genetic Consultation – How It Can Benefit You Or Your Family

A Genetic Consultation helps answer questions about your health, your child's health, or your family's health.

During a consultation you will:

- Meet with a doctor who specializes in Medical Genetics, or a Genetic Counselor, to talk about
 - Whether a health condition is genetic.
 - Why the condition happened.
 - Can it happen again?
 - Would a Genetic Test help?
 - Where to go for help.
- Be evaluated for a genetic condition or birth defect for yourself, your child, or other family members.
- Discuss important birth, family, health, medical, and social support information.
- Get help with diagnosis, care, treatment, and services.

Doctors who specialize in Medical Genetics and Genetic Counselors are trained and experienced in collecting physical, written, and verbal information to:

- Diagnose and provide detailed information about genetic conditions.
- Recommend and interpret genetic testing.
- Recommend appropriate treatment and care.
- Work with your primary care provider to coordinate care.
- Collect and discuss family history and social information.
- Educate and counsel about genetic conditions.
- Refer for resources.
- Coordinate resources with specialty doctors and primary care providers.



A Genetic Consultation Can Be Helpful If...

An individual in your family has:

- More than one birth defect.
- Developmental delay or mental retardation.
- Physical features that differ from the rest of the family.
- Growth problems.
- Someone in your family has a known genetic condition.
- Certain health problems seem to run in your family.
- You're concerned your health condition or your child's health condition may be related to alcohol or drug use during pregnancy.

How Can I Schedule A Genetic Consultation?

The Washington State Department of Health Genetic Services Section funds Regional Genetic Clinics.

To find a clinic near you, call: (253) 395-6741

Search a list on internet sites:

- www.doh.wa.gov/cfh/mch/genetics/Regional_Genetics_Clinics.htm
- www.genetests.org

What is "TV Medicine"?

See reverse side for more information.





TeleGenetics And “TV Medicine”

– Clinical Specialty Services Close To Home, For Adults And Children



TeleGenetics uses real-time videoconferencing and TV quality images for patients, Medical Geneticists, and Genetic Counselors to “meet” without having to travel far. Using interactive video equipment in Yakima and Wenatchee, patients and Genetic Counselors in Central Washington can “meet” with a doctor from Children’s Hospital in Seattle who specializes in Medical Genetics. The TeleGenetics project serves adults and children.

To get an appointment or for information call:

- Ms. Shelly Rudnick, MS, Certified Genetic Counselor
Central Washington Genetics Program
(509) 575-8160

TeleGenetics

- Central Washington Genetics Program
Yakima Valley Memorial Hospital
(509) 575-8160
- Children’s Hospital Medical Genetics (206) 987-2056
www.seattlechildrens.org/our_services/clinical_services/genetics.asp

Information and Resources

- Genetics Services Section, Washington State Department of Health, (253) 395-6741
www.doh.wa.gov/cfh/mch/genetics/default.htm
- Genetics Home Reference-
Your Guide to Understanding Genetic Conditions
<http://ghr.nlm.nih.gov/>
- Genomics and Disease Prevention-Centers for Disease Control and Prevention
www.cdc.gov/genomics/public.htm